

TSC Academy Program

2025–2026 Season

The Toronto Swim Club Academy introduces young athletes to competitive swimming in a structured and engaging environment. The program targets 10 and under swimmers and is divided by age and ability, with a consistent focus on skill development across all levels.

Academy Values and Goals:

- Develop proper technique across all 4 competitive strokes.
- Demonstrate proper body position, streamlines, kicks, drills, starts, and turns
- Understanding of pace clock and lane etiquette (orders, circle swimming)
- Respect for teammates, coaches, and facilities
- Consistent effort, openness to instruction and applying feedback
- Strong attendance at practices and swim meets

Progression through the levels is based on age, skill achievement, commitment, and training habits, with time spent in each level varying based on individual rate of development. Full commitment to practices and swim meets is expected of all swimmers to ensure proper skill development.

BRONZE

Ages: 8 & under (Grades 1–3)

Training: 2 sessions/week

Selection Criteria:

- Born January 2017 or later
- Able to swim 25m freestyle with side breathing and consistent kick and strokes
- Able to swim 25m backstroke with consistent kick and strokes
- Demonstrating or approaching correct breaststroke kick

Goals:

- Develop technique in all four strokes, dives from the block, flip turns and open turns.
- Develop proper side push-offs with underwater dolphin kicks in streamline
- Train and compete to advance to Silver or Silver Select

SILVER

Ages: 6–9 (Grades 2–4)

Training: 2 sessions/week

Selection Criteria:

- Born January 2016 or later
- 80%+ attendance in prior season, including swim meets
- Able to swim 50m in freestyle, backstroke, and breaststroke with proper technique and turns
- Demonstrating or approaching correct butterfly technique
- Side push-offs, underwater dolphin kicks in streamline, and dive starts

Goals:

- Refine technique in all four strokes, dives from the block, flip turns and open turns
- Consistently demonstrate proper side push-offs with underwater dolphin kicks in streamline during practices
- Introduction to interval training
- Train and compete to advance to Silver Select or Gold

GOLD

Ages: 9–10 (Grades 4–5)

Training: 3 sessions/week

Selection Criteria:

- Must be 10 or younger for the entire season
- 80%+ attendance in prior season, including swim meets
- Proper skills in all strokes, streamlines, starts, and turns

Goals:

- Refine and advance technique in all four strokes, streamlines, starts, and turns (including individual medley)
- Progress interval training and introduce aerobic base development
- Train and compete to advance to Gold Select, Top, or Youth

SILVER SELECT

Ages: 7–9 (Grades 3–4)

Training: 3 sessions/week

Selection Criteria:

- Must be 9 or younger for the entire season
- 90%+ attendance in prior season, including swim meets
- Advanced skills in all strokes, streamlines, starts, turns
- Advanced practice habits and training capacity
- Academy Director's discretion

Goals:

- Refine and advance technique in all four strokes, streamlines, starts, and turns (including individual medley)
- Progress interval training and introduce aerobic base development
- Train and compete to advance to Gold or Gold Select

GOLD SELECT

Ages: 9–10 (Grades 4–5)

Training: 4 sessions/week

Selection Criteria:

- Must be 10 or younger for the entire season
- 90%+ attendance in prior season, including swim meets
- Advanced Academy skills, practice habits, and training capacity
- Academy Director's discretion

Goals:

- Advance skills across all four strokes, streamlines, starts, turns (including individual medley), performed consistently in practice and swim meets
- Progress interval training and aerobic base development
- Train and compete to advance to advance to Top or Youth